

USA SWIMMING'S NATIONAL RANKINGS

Both the Short Course and Long Course Individual NATIONAL RANKINGS have come out and ATAC has 5 swimmers ranked in the Top 10 National rankings. These swimmers ranked in the TOP 10 will receive US SWIMMING **ALL-AMERICA** certificates.

LONG COURSE RANKINGS

*CECE WILLIAMS – 16 years old – 200 Meter Freestyle, 2:03.19 – Ranked 9th. Cece was also ranked in the 400 Meter Freestyle and placed 6th nationally.

*The 15-18 Girls 800 Meter Freestyle Relay consisting of DELANEY BARNARD, ALYSSA YAMBOR-MAUL, ALEXANDRIA MERRITT and CECE WILLIAMS placed 10th with a time of 8:28.4

*SCOTT FORTIER - 16 years old - placed 10th nationally in the 200 meter Butterfly with a time of 2:02.42.

SHORT COURSE RANKINGS

*ATAC'S 15 -18 Girls 800 yard Freestyle Relay consisting of DELANEY BARNARD, ALYSSA YAMBOR-MAUL, ALEXANDRIA MERRITT and CECE WILLIAMS placed 10th with a time of 7:25.08.

As coaches this is extremely gratifying to see, since all of these swimmers came through a developmental program as Novice swimmers and have stuck it out through those tough times when things may not have been going as they may have wanted, but obviously they persevered and came out on top in their sport.

This is also another example of the strength and importance of "**Patience**". Doing ANYTHING for 10 to 13 years and staying the course through those "ups and downs" can be extremely difficult, and we're not just talking about the swimmers, Mom and Dad. This is why it is so important to work as a team for all the swimmers through the coming years.... **Swimmers meeting their obligations, Coaches providing the coaching and parents and teammates providing the positive support all adds up to a winning combination.** These swimmers couldn't have done what they have without all of this coming together at the right times.

CONGRATULATIONS TO THESE AND ALL OUR DEDICATED ATAC ATHLETES and we hope, through their example, all our swimmers will see more clearly, anything is possible, so we are looking forward to our next group of NOVICE swimmers also coming out on top in the future!

ATAC NATIONAL TEAM RANKING

In addition to these individual accomplishments, ATAC as a TEAM was ranked 98th for the Short Course season and 111th for the Long Course season out of 2,900 registered teams in the country.

Congratulations to all our ATAC swimmers in being recognized as one of the top teams in the country!

ATAC SCORES BIG AT FLORIDA "STATE" SPECIAL OLYMPIC CHAMPIONSHIPS

ATAC sent 4 swimmers to the 2012 Special Olympics State Championships and brought home GOLD, SILVER AND BRONZE!

C O N G R A T U L A T I O N S TO these outstanding ATAC swimmers!

Kerri Outten

50m Butterfly GOLD 55.75
200m IM BRONZE 4:28.02

Jason Allen

25m Backstroke GOLD 25.07
25m Freestyle SILVER 23.67

Wade Shealy

50m Freestyle GOLD 45.88

Phillip Cheeseborough

50m Backstroke GOLD 45.88
50m Freestyle SILVER
36.73



PARENT BOOSTER NEWS

The fall season got off to a great start with our Fall League Meet on September 29th, thank you to all the parents who volunteered to time, as special thank you to Michael Lombardi who ran the computer and all of our officials who donated their time even though they did not have any swimmers in the meet. Our next developmental will be November 17th at Jack McLean, many thanks to Katie Clark who has volunteered to run this meet.

At our meeting on October 2nd, we began to discuss the **Mac Crutchfield Invitational** to be held January 25 – 27, 2013. As many of you know this meet is the second biggest fund raiser of the year. In the upcoming months we will be passing out information as to how you can get involved in this terrific meet.

This is the final year for the current ATAC board. Elections are held in March and we would love to have a full slate for consideration by February. If you are interested in becoming a member of the Booster Board please contact me at Susie.holmes67@gmail.com.

The next booster meeting will be **Tuesday November 13th at 6:00 pm** in the team room, All ATAC parents are booster members and we welcome you to attend the meeting.

--Susie Holmes

COACHES CORNER:

- ❖ **PRE-AGE GROUP/NOVICE/LEAGUE...(Coach Gerry, Amanda, Blair, and Katie)**...WHAT A CROWD at practice lately. Way to go swimmers (and parents)!! We are very excited about the number of summer swimmers swimming this Fall. The large group attendance is a great show of these swimmers committing to the sport. Not only does it solidify more friendships, but also provides a good spark in their training together as a unit....Keep up the good work (AND attendance). Also, however, please stay on your scheduled training days so as not to impose on other swimmers' days and times.
- ❖ **AGE GROUP...(Coach Gerry and Coach Patrick)**... We would like to ask parents to please get your swimmers to the pool in time for them to get started on their Dry-Land with the rest of the group. We only have 15 minutes for this and as the swimmers know, and as Coach Spencer also emphasized, DRY-LAND can make a huge difference in swimming performance
Please also impress on your swimmers that being in the locker room or showing up late on deck when they are there in time is something that should not be occurring.

SWIM MEET UPDATES:

- **DAYTONA INVITATIONAL (9/7-9/12) – Daytona Beach.....**
ATAC TAKES THE "GOLD" (Again - 6 straight years) Congratulation to all our swimmers that represented ATAC at this meet. It proved to be quite "Fun" for



all our swimmers. Our younger swimmers that don't have the opportunity to swim Prelims and Finals really showed some determination and success by coming back each night in finals and being excited to "swim again". ATAC sent 37 swimmers to the Ryan Lochte Invitational Swim Meet in Daytona (9/7-9/12). There were over 500 swimmers in attendance, but ATAC swimmers successfully defended their title from 2011 with the Daytona Speed Team coming in 2nd.. A highlight for all the swimmers and families was the guest appearance of Olympic Gold Medalist Ryan Lochte presenting a \$25,000 check

from the Gillette company to the Daytona Speed Team for development of a dry land exercise facility. ATAC highlights on their way to this win included accumulating 10 individual High Point awards. These winners were; 8&Under girls – **Evan Jaynes-1st**, **Kennedy Brown-3rd**; 10&Under Girls – **Virginia Russell-1st**; 11&12 Girls – **Stephanie Holmes-2nd**; 11&12 Boys – **John Yambor-Maul-1st**, **Trevor Vandenberg-2nd**; 13&14 Girls – **Emma Layton-1st**, **Tara Marie Stevens-3rd**; 13&14 Boys – **Jackson Brown-1st**, **Duncan Sutton-2nd**.



- **PANAMA CITY INVITATIONAL (9/21-23/12) - Panama City.....2nd win of the Short Course Season.**), ATAC once again took the visiting TEAM OVERALL TROPHY. Being able to swim the **S.E. Association** teams (ATAC is in the **Fl. Assoc.**) really gives our program an advantage, since we swim some of the best teams in the Florida Assoc. and the S.E. Assoc. by being where we are in the Panhandle. ATAC took 75 swimmers to the Meet and came away with 19 individual high point awards (2 more than last year). There were over 400 swimmers participating from throughout the Southeast.

It was GREAT to see our younger swimmers (8&U and 10&U) come to this meet and contribute to our Team win. We have not had very many newer swimmers making the out-of-town trips lately so we hope this is a new trend. RELAYS in every Age and gender is our goal!

On Friday night, 13 year old and older swimmers competed in the Pentathlon as a prelude to the actual meet and was scored separately. This event consisted of 5, 50 yard races and one 100 yard Individual Medley event. ATAC award winners were **Caroline Zapert(13) 5th**, **Charlie Gallagher(13) 5th**, **Claire Kercheval-Roig(14) 4th**, **Olivia Etheridge(14) 5th**, **Brandon Chason(14) 1st**, **Lauren Peavy(15) 1st**, **Ali**

Lombardi(15) 2nd, **Joey Briggs**(16) 1st, **Anthony Stephens**(16) 3rd.

ATAC scored 1,421 points in the Invitational Meet for all ages outdistancing the Coastal swim team with 814 points and the Dothan dolphins with 532 ½ points. Individual High point winners in this portion of the meet were; 8&under Girls - **Evan Jaynes**, 4th, 10&under Girls – **Virginia Russell**, 1st and **Arianna Chambasian**, 5th. In the 11&12 Girls **Kennedy Knisley** placed 3rd and **Olivia Kercheval-Roig** took home 5th place. In the 11&12 Boys **Trevor Vandenberg** was 1st and **John Yambor-Maul** was 3rd. In the 13&14 Girls **Emma Layton** was 2nd and in the 13&14 Boys **Brandon Chason** was 1st and **Sam Tabacchi** was 4th.



- **BOLLES INVITATIONAL (10/20-21/12) –Bolles School**..... There should be some great competition at this meet so those ATAC swimmers going will need their #1 game plan ready.
- **DOTHAN INVITATIONAL (11/3-4/12) – Dothan ALA**. As many of you know, this is a great meet for many of our swimmers. Dothan is close by and offers our younger and newer swimmers an opportunity to compete with other teams outside of Tallahassee. We always would like to see as many of our Age Group and Novice/League swimmers attend. If you're not going to this one, Dothan has three a year so let's try for the next one. Again, this is a meet we would like to especially see as many Novice and League swimmers attend as possible (see your coach if you have any questions about what to swim). The coaches need to see what you REALLY are doing and swim meets are how we do this. They (meets) are a part of being on a competitive swim

team. **ALSO, This Meet will coincide with Dothan's annual Peanut Festival so this will be a fun family weekend. Let's have a good showing at this meet!**

Go to www.swimatac.com for a listing of ALL the Meets (including the High School Championship Meet dates) coming up. Plan your schedules early.

NEWS BRIEFS:

- **NOVICE PARENT ORIENTATION AND SWIMMER FUN DAY -- POSTPONED....** The previously scheduled Oct 27 date for this event is being postponed due to schedule conflicts. We will send out a new date as soon as we arrive at a more appropriate date and time -- stay tuned!
- **ATAC OFFICE NEWS.....**
USA Swimming 2013 registration forms are coming out soon. Please return the forms in a timely manner. Any swimmer not registered on January 1st will not be able to swim until the forms are received in the ATAC office.
Please remember the Team Room is a QUIET ZONE in the afternoons.
- **MYERS PARK PROGRAM.....TBA... ATAC will once again be offering a NOVICE program at the Wade Wehunt pool in Myers Park beginning at the end of November. Remember..., it will be INDOORS, UNDER THE BUBBLE during the winter months! In order to continue this program we will need at least 13 swimmers to sign up for it. Once we have the exact dates we will pass them along to the team.**
- **First Time "Winter" swimmers...**
We are fortunate to have the support of the City of Tallahassee and want to be thankful for that. However, as the weather changes, there are always issues on a few days with water temperature. If the heater is turned on too early and the weather then turns warm again, the water can become too warm for effective training. So the City staff will wait until the cold weather seems to be permanently settling in before turning on the heater for the Winter. Thus there may be a few days with chilly water in early October. That will pass when the heater is turned on and the water temperature will be held at around 80 - 82 degrees. The real cooling off for the swimmers is mostly due to what

they wear on deck. Realizing they will spend some time on deck, please have an extra shirt, robe etc. in the car they can throw on if necessary. Tallahassee weather can go from hot to cool or cool to hot over the course of the day so be prepared.

EVERY YEAR'S RESOLUTIONCome to practice / Go to Meets / Get more "A's

Newsletter Credits

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